**Sacred Self-Mastery program  
with Julia Mikk**

**9th Module:** **Healing our World**

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What is **the vibration and quality of presence** you are choosing to carry within you in order to help our world become a more harmonious place:  
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What are the simple every day actions you can take to support your own embodiment of divinity so your presence and insight can become a positive catalyst for everything and everyone around you? Below you are invited to write about supportive actions for 3 categories: physical health, emotional well-being and spiritual awakening.

5 supportive actions and resources to support your **physical health and well-being:**

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5 supportive actions and resources to support your **emotional balance:**

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5 supportive actions and resources to support your **spiritual awakening:**

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5 next steps to bring your Life Purpose and inner calling into a manifestation. You can:  
- repeat what you said in your previous life purpose module (repetition helps it get anchored deeper),  
- expand on what you discovered in your previous module,  
- or allow a whole new vision to come through (if that’s what it wants to do).

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